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How persons suffering from Tuberculosis can avoid giving the disease to others.

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TRACT No. 2.

Tuberculosis, popularly known under the names of *consumption*, *decline*, *scrofula*, *marasmus*, *wasting disease*, *inanition*, *lupus* and *white swelling*, is a contagious disease, which means that every new case is contracted from some other case. The disease occurs in man and in animals, and can be conveyed from the one to the other. Animals, when they suffer from the disease, become a source of danger to human beings, because of domestic relations and because they supply food in the form of milk, or are used as food in the form of meat. They have no control over the disease but are a passive means of spreading it.

Man, as a rational being, has *entire control* over the spread of the disease, when he himself is the victim. He can do this, too, without depriving himself of any of the comforts of life or of the companionship of his relatives and friends.

His power to control the spread of the disease is *absolute*, and it is so because the contagium, by which is meant the infecting particles, is confined entirely to the matter given off by a tubercular sore, wherever that sore may be located. The infecting agent of tuberculosis is a little microscopic disease germ, called the *bacillus tuberculosis*. Tuberculosis cannot exist without this germ—cannot be produced without it—and, when it

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exists, this germ is invariably given off, when the disease has progressed far enough, in the form of broken-down tissue, technically called *pus*. In consumption this broken-down tissue is spat up, and is called *sputum*; in other forms of tuberculosis it is usually called *pus*.

The great and all-important rule which must be observed by a person suffering from tuberculosis in order to prevent the spread of the disease, is to *take away from all broken-down tissue its infecting power before permitting it to pass from under control*. Every person suffering from tuberculosis has it in his power to do this.

When a consumptive begins to spit, he should, when possible, spit into a cup in which has been placed a germicide (a drug having the power to kill the germ). This cup should be made of material that does not corrode, and should be of a shape that readily permits of thorough cleansing. Paper-cups, which may be used, are to be had at drug stores, and they commend themselves for the reason that they are very cheap, and can be burned after using. A large china coffee-cup, with a handle, answers all purposes very well. As germicides, one may use: *carbolic acid* (a liquid solution should be used, and eighty drops added to half a cup of water and this placed in the cup); *corrosive sublimate* (owing to the fact that corrosive sublimate coagulates albumen, it is well to use only *tartaric acid sublimate*, or *citric acid sublimate* tablets, which can be procured at drug stores—half of one tablet added to one-half pint of water will give the proper strength); or ordinary *lye*, out of which soap is made. If no germicide can be obtained at least water should be put in the cup. The cup should be thoroughly scalded with boiling water at least twice a day.

Handkerchiefs should not be used when it is possible to use a spit-cup. When, however, the sick person is out-of-doors, or is where he cannot use a spit-cup, he should provide himself with

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handkerchiefs made of material which is cheap enough to permit of being burned and which does not readily absorb moisture. Paper is the best material for such purpose. It can be obtained at drug stores in a cheap and suitable form, known as "Japanese handkerchiefs."

Great care should be taken by a consumptive that his hands, face and clothing, and when he is in bed his bed-clothes, do not become smeared with the sputa. If any of these accidents happen—and they do happen very readily—the parts which have thus become infected should be cleansed at once with soap and water.

Kissing, especially on the mouth, should, under no circumstances, be practised by a consumptive. Shaking hands had also better be dispensed with. For the deprivation of these social customs, he will have the reward of knowing that he protects those near and dear to him.

A consumptive should not hold a situation in which he is compelled to handle the food or wearing apparel of others, or which brings him in very close relations with others. When the exigencies of life, however, necessitate his holding such positions, he should exercise every possible care to prevent any of his sputa from getting upon his hands, or upon the articles which he handles, or upon the persons upon whom he waits. He should avoid coughing upon or in the direction of food, the dining service or kitchen utensils.

At the family table the consumptive should have his own eating and drinking utensils. These should be washed separately and should be used by no one else.

The bed-clothes and linen of a consumptive, or a person suffering from any other form of tuberculosis, should be thoroughly boiled before washing.

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The living room and bed-room of a consumptive, or person suffering from any form of tuberculosis, should be kept very clean, and should be frequently aired. As much sunlight as possible should be admitted.

Persons suffering from other forms of tuberculosis than consumption should observe the same general rules as consumptives, and should carefully destroy the infecting power of all matter given off from the tuberculous sore in the manner laid down for the disinfection of the sputa of consumptives.

The careful observance of the rules laid down in this tract will make the persons suffering from tuberculosis entirely harmless to their relatives and friends. It should be borne in mind that the breath of the consumptive is entirely devoid of danger. The disease-germ cannot be conveyed by the breath, but must be carried by the matter given off in the form of broken-down tissue.

Although it has already been said, it may be well to repeat for the purpose of emphasis that a consumptive *should never, under any circumstances, spit into a place where he cannot disinfect or destroy his sputa; and that, therefore, he should never spit into the street, into public places, or into cars.*

Should you desire to become a member of the Pennsylvania Society for the Prevention of Tuberculosis, you can do so by sending your name and one dollar to the Secretary,

Penna. Society for the Prevention of Tuberculosis.

ADDRESS,

THE ACADEMY OF NATURAL SCIENCES,

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